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ABSTRACT OF THE DISCLOSURE

A flexible electrical heating unit including a heating device having a flexible support and a heating cord placed therein, at least one control element which is placed in at least one heating circuit and which is provided for a heating current. A control circuit that influences the heating current. This invention achieves diverse temperature setting possibilities that are adapted to demands of a user while reliably adhering to safety criteria. Thus, the control circuit has a timing circuit by which, during a predetermined or predeterminable initial duration, a heat output that is increased with regard to a subsequent continuous operation phase can be controlled and regulated, whereas during the continuous operation phase, no more than one heat output that is also permitted for an unattended operation is set or a switching off occurs.